




NUTRITION CARE DIVISION
GENERAL LEONARD WOOD ARMY COMMUNITY HOSPITAL
OUR DAILY SPECIALTIES

Menu subject to change based upon availability

9/6/2015 0:00

CHERYL D. CLARKE
SFC, SP
Nutrition Care Division

				WEEK 1											
SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY			
GREAT BEGINNINGS BREAKFAST MENU		27-Sep-2015		28-Sep-2015		29-Sep-2015		30-Sep-2015		1-Oct-2015		2-Oct-2015		3-Oct-2015	
MON - FRI 0600-0900 WKND & HOLIDAYS 0700-1000 FEATURING: OMELETS MADE TO ORDER MADE FRESH DAILY	Fresh Fruit, Fruit Juices (V) Oatmeal/Grits (V)		Biscuit Rolls Oatmeal/Grits (V)		Breakfast Burrito Oatmeal/Grits (V)		Breakfast Sandwich Oatmeal/Grits (V)		Breakfast Burrito Oatmeal/Grits (V)		Breakfast Sandwich Oatmeal/Grits (V)		Fresh Fruit, Fruit Juices (V) Oatmeal/Grits (V)		
	French Toast (V)		Pancakes (V)		Waffles (V)		French Toast (V)		Pancakes (V)		Waffles (V)		French Toast (V)		
	Hash Brown Patties		O'Brien Potatoes		Hash Brown Patties		O'Brien Potatoes		Hash Brown Casserole		Shredded Hash Browns		Hash Brown Patties		
	Eggs/Omelets to Order		Bacon/Sausage		Bacon/Sausage		Bacon/Sausage		Bacon/Sausage		Bacon/Sausage		Eggs/Omelets to Order		
Bacon/Sausage		Turkey Links		Grilled Porkchop		Corned Beef Hash		Turkey Links		Chicken Fried Steak		Bacon/Sausage			
Sausage Gravy/Biscuits		Sausage Gravy/Biscuits		Sausage Gravy/Biscuits		Sausage Gravy/Biscuits		Sausage Gravy/Biscuits		Sausage Gravy/Biscuits		Sausage Gravy/Biscuits			
PANINI OF THE DAY		Soup of the Day		Philly Cheesesteak		Rueben Sandwich				Catfish Po-Boy		Soup of the Day			
SOUPS		Pot Roast		Chili		Chili		Chili		Chili		Chopped Steak w/ Mushrooms			
MID-DAY FARE LUNCH MENU		Mashed Potatoes w/ Gravy Macaroni and Cheese		Mediterranean Veg Soup Spaghetti w/ Meat Sauce		GLWACH Tortilla Soup Black Bean & Cheese Enchilada (V)		Sausage and Kale Soup Shrimp and Grits		Chicken Noodle Soup General Tso's Chicken		Baked Ziti			
MON - FRI 1100-1400 WKND & HOLIDAYS 1000-1400		Green Beans (V) Home-style Dinner Rolls		Spaghetti w/Marinara Sauce Chicken Marsala		Beef /Chicken Fajitas Lemon Garlic Tilapia		Smothered Porkchop WING WEDNESDAY		Parmesan Crusted Tilapia		Lyonnaise Potatoes			
FEATURING: FRESH GRILLED ITEMS WRAPS & DELI SANDWICHES		Dessert of the Day		Spaghetti w/Marinara Sauce Chicken Marsala		Beef /Chicken Fajitas Lemon Garlic Tilapia		Smothered Porkchop WING WEDNESDAY		Parmesan Crusted Tilapia		Lima Beans (V)			
Try our Vegetarian (V) Options! 				Beef Stroganoff		Mexican Rice		Mashed Potato (V)		Mongolian Beef		Country Style Vegetables (V)			
				Breaded Mushrooms (V)		Refried Beans (V)		Fried Okra (V)		Jasmine Rice (V)		Garlic Toast			
				Antigua Vegetables (V)		Zucchini w/ Stewed Tomatoes (V)		Green Peas and Carrots (V)		Asian Fried Cabbage (V)		Dessert of the Day			
				Broccoli Spears w/ Cheese Sauce		Mixed Vegetables (V)		Simmered Yellow Squash (V)		Japanese Vegetables (V)					
				Garlic Bread		Chicken Taquitos		Homestyle Dinner Roll		Vegetable Egg Rolls (V)					
				Strawberry Cream Pie/Parfait		Coconut Cream Pie/Parfait		Oreo Pie/Parfait		Carrot Cake/Parfait					
				BAKED POT/SWT POT BAR		TACO SALAD BAR		BAKED POT/SWT POT BAR		BULGOGI BAR					
DINNER DISHES EVENING MENU		WEEKEND MENU		Hot Specialty Soup & Chili Baked Spaghetti		Hot Specialty Soup & Chili Baked Fish		Hot Specialty Soup & Chili Grilled Porkchop		Hot Specialty Soup & Chili Honey Glazed Chicken		Hot Specialty Soup & Chili Shepherd's Pie		WEEKEND MENU	
MON - FRI 1600-1800 WKND & HOLIDAYS 1530-1730				O' Brien Potatoes Seasoned Lima Beans		Fiesta Rice (V) Broccoli Spears (V)		Mashed Potatoes (V) Green Beans (V)		Corn (V) Japanese Vegetables (V)		Fire Roasted Sweet Potatoes Simmered Cauliflower			
FEATURING: FRESH GRILLED ITEMS SALADS & DELI SANDWICHES				Antigua Vegetables		Zucchini w/ Stewed Tomatoes (V)		Capri Vegetables (V)		Green Peas (V)		Glazed Carrots			
				Garlic Bread		Wheat Dinner Roll		Homestyle Dinner Roll		Wheat Dinner Roll		Corn Bread			
				Strawberry Cream Pie		Coconut Cream Pie		Oreo Pie		Carrot Cake					